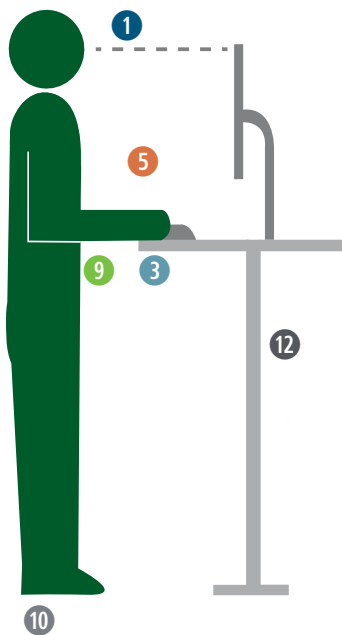


ACHIEVE IDEAL ERGONOMICS

What's Your Fit? _____ Your Name Here _____



Stand

- 1 Monitor arms-length away, and make height at top 1" below eye level
- 3 Wrists straight
- 5 Mouse close to body
- 9 90° angle for elbows
- 10 Feet flat on the floor
- 12 Monitor height will require adjustment between sitting and standing work postures

Sit

- 2 Monitor arms-length away, and make height at top 1" below eye level
- 4 Wrists straight
- 6 Mouse close to body
- 7 Back against chair lumbar
- 8 90° angle for hips, knees and elbows
- 11 Feet flat on the floor
- 12 Monitor height will require adjustment between sitting and standing work postures
- 13 If worksurface cannot be lowered to achieve this seated position, use a foot rest and/or an adjustable keyboard tray



Standing Eye Height

Standing Typing Height

Seated Eye Height

Seated Typing Height

Standing Eye Height MINUS (-) Seated Eye Height EQUALS (=) Monitor Height Differential